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A One Day Workshop on “One day Yoga Training”

in

**VPS college of Arts, Science and Commerce-Lonavala.
B.B.A.(Comp.Application) & B.Sc.(Comp.Sci.).**

Detail Report of Workshop:

Title: One day Yoga Training

Resource person: Mr. Pankaj sharma,sukshma yoga,Lonavala

Students have attended this workshop: 85

About workshop:

The Department of Electronics,VPS college of Arts, Science and Commerce-Lonavala. B.B.A.(Comp.Application) & B.Sc.(Comp.Sci.). Organized “**One day Yoga Training**” during 05/12/2019

Sukshma yoga is the system of yogic practices which loosens your joints and removes the energy blockages. This system has a strong purifying effect thus, boosting the body energy.

Benefits The Sukshma Vyayama is beneficial in various aspects, some of these are :

- Removes blockages and tightness in muscles and strengthens them.

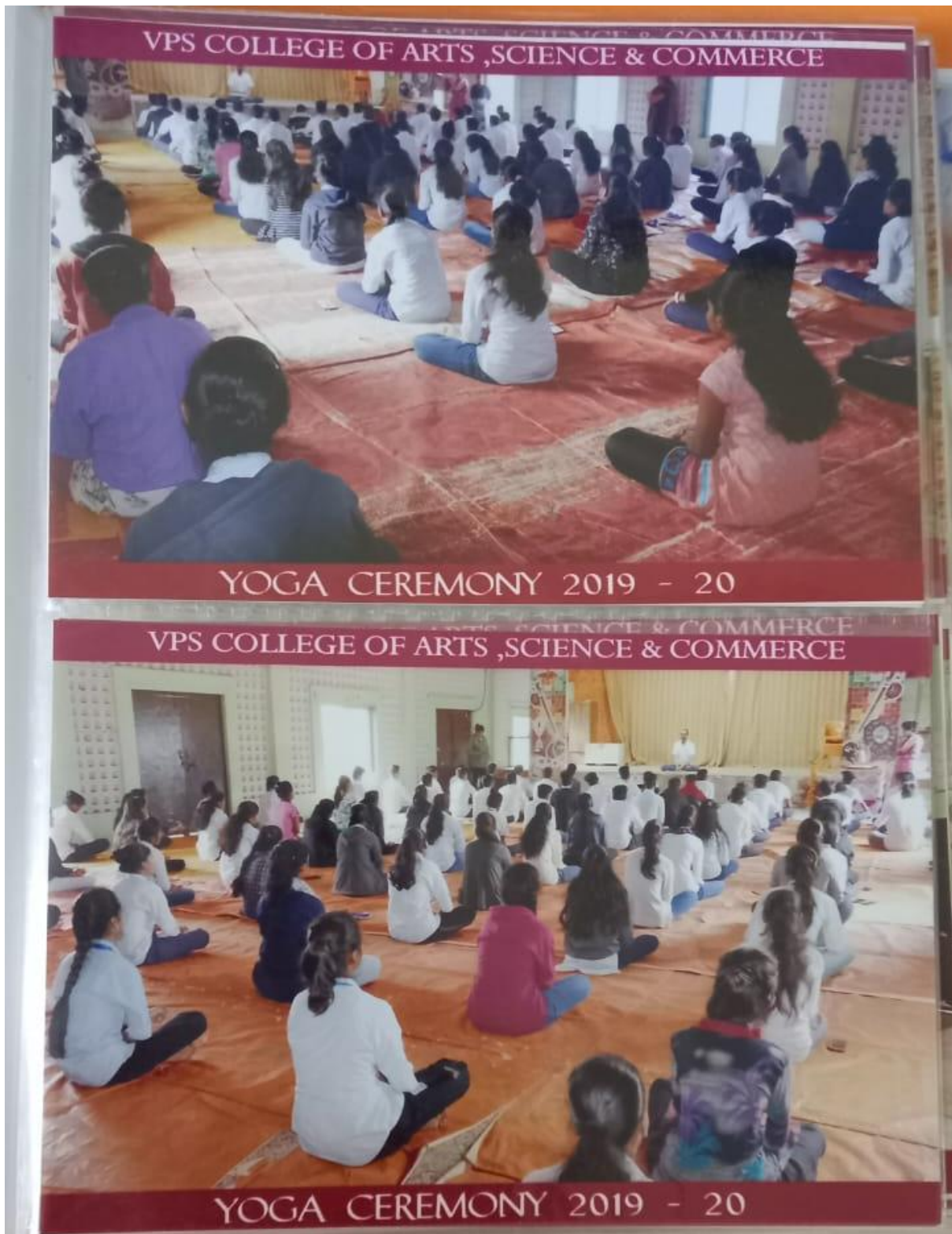
Increases body mobility and making it flexible.

- Develops coordination and equilibrium.
- Improves blood circulation.

Conclusion:

The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being.

Photographs:



Sr no.	Students Name
1	AAKHADE JAGANNATH RAMBHAU
2	BANDAL AADESH RAMESH
3	BELURE MAHADEO SUBHASH

4	BHALERAO DIKSHA ANAND
5	BHALERAO RITESH BHAGWAN
6	BHARATI AWADESH VIJAY BAHADUR
7	BHELE RITIKA DNYANESHWAR
8	BHORADE ANJALI SHANKAR
9	CHAUDHARI PRERNA RAMESH
10	DALVI ABHISHEK AMIT
11	DHUMAL MAYURESH LAHU
12	GAIKWAD PARMESHWAR HANMANT
13	GHADEKAR YOGITA MANOHAR
14	GHARDALE JYOTI SHYAM
15	GHONE SAYLI NITIN
16	GODSE TULSI RAJENDRA
17	GONATE BHARTI LAXMAN
18	GUPTA ANCHAL SURESH
19	INGAVLE MAYURI SUNIL
20	JADHAV ANITA ANIL
21	JAGTAP ROHIT RAVINDRA
22	JANKAR YOGESH RAGHUNATH
23	KADAM SONIYA SURESH
24	KADU NAMRATA PRAMOD
25	KALE MANASI TANAJI
26	KAMAT MONIKA RADHESHYAM
27	KAMAT SONIKA RADHESHYAM
28	KAMBLE NEHA MILIND
29	KANDHARE PRAJAKTA SHRIKANT
30	KARALE SHUBHAM DAMU
31	KHAN KALAM AMJAD
32	KSHIRSAGAR PRAVIN PRAMOD
33	KUTE ANIKET RAVINDRA
34	MANKAR MAYUR DEVIDAS
35	MARATHE PRATHMESH DNYANESHWAR
36	MASKE RITESH RAVIRAJ
37	MAURYA PINKI VINAY
38	MAURYA SWAMINI PRAMOD
39	MAVKAR SAYALI NAVNATH
40	JOGDAND SAKSHI JANAK
41	MUNDE PRIYANKA DILIP
42	MUNGADE SHRUTIKA SHANKARRAO
43	KEDARI SUPRIYA VITTHAL
44	PADVAL NIKITA VITTHAL
45	PATEL PRITI VIJAY
46	PATHARE AKSHADA MARUTI
47	PRAJAPATI POOJA SANTOSH
48	PARDESHI ABHAY RAVINDRA
49	RASAL ATHARVA VIJAY
50	RAWAL RUPALI PRAVINKUMAR
51	ROKADE SHRUTI DEEPAK
52	SANKAT KAVERI HIRAMAN
53	LENDGHAR PRATHAMESH VISHVANATH

54	SATPUTE SAKSHI NAMDEV
55	SHAIKH ADIYA JABIR
56	SHAIKH SHABNAM MEHBOOB
57	SHAIKH TAUFIQUE IQBAL
58	SHINDE RUTIKA RAVINDRA
59	SHIRSAT ROHIT GOPAL
60	TAKALKAR ABHISHEK MANOHAR
61	LENDGHAR PRATHAMESH VISHVANATH
62	TAKLE SWAROOP RAJENDRA
63	TAYDE PRAJAKTA NANABAHU
64	MANKAR VAISHNAVI ULHAS
65	THARKUDE ANKITA SHIVAJI
66	PAWAR SHUBHAM JAGANNATH
67	THOMBARE SHRADDHA RAGHUNATH
68	UMARE LAXMAN LIMBAJI
69	VARMA YASH RAMKISHOR
70	VIKARI GAYATRI RAMDAS
71	VISHWAKRAMA VIKRAM LALABHADUR
72	YEWALE PRATIK SOMNATH
73	ADHARI SARVESH SUNIL
74	AKHADE GANESH BABAN
75	DALVI PRATIKSHA BARKU
76	DANT SAHIL MANGESH
77	DEO PRANJAL PRAVIN
78	DEWADE PRATIK SANTOSH
79	DHANVATE PRAMOD RAJENDRA
80	DHUMAL SONALI RAMESH
81	WALANJ SIDDHESH GANESH
82	GAWALI PRAJAKTA GANESH
83	HARPUDE SONI SHARAD
84	THAVANI JITESH JAGDISH
85	JAVERI SALONI KIRANSING